



SECTION ONE Standard House Diets

Diet manual

Modified for GI Disorders

Gluten Restricted Diet

General Description

The diet restricts foods that contain gluten as found in wheat, rye, oats, and barley.

Indications for Use

The diet is indicated for control of symptoms in patients with celiac sprue, secondary gluten-induced enteropathy, or dermatitis herpetiformis.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet can provide adequate nutrition, while restricting wheat, rye, oats, and barley from the diet. The same exceptions as stated for the regular diet apply to the gluten restricted diet as well.

Guidelines

In many instances, the ingredient listing on the product label should be consulted to determine if a food item is allowed or not allowed.

Gluten Restricted Diet

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	Milk, buttermilk, chocolate milk, aged cheese, American cheese, cottage cheese, some yogurts.	Malted milk, some commercial chocolate drinks; some non-dairy creamers. Any cheese containing oat gum.
Meat or Substitute	Any plain meat, fish, poultry, or legumes.	Breaded or creamed meat, fish, or poultry, meatloaf, filled meats. Some prepared meats such as sausages, hot dogs, bologna, tuna in vegetable broth, chili con carne.
Eggs	All	None
Potato or Substitute	Plain white or sweet potato, rice, gluten-free noodles, french fries, potato chips.	Potato or rice products containing gluten. Regular noodles, spaghetti, macaroni.

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Vegetables	All plain vegetables.	Creamed, breaded, or fried vegetables such as eggplant, french fried onion rings, escalloped vegetables.
Fruit & Fruit Juices	All fruits and juices.	Thickened or prepared fruits. Pie filling.
Breads & Cereals	Gluten free cornbread, cream of rice, grits, puffed rice, sugar pops, rice wafers, popcorn.	All other breads, muffins, rolls, doughnuts, cereals, bran, wheat germ, malt, buckwheat, millet.
Fats	Butter, margarine, oil, cream, some mayonnaise and salad dressings.	Salad dressing and mayonnaise made from ingredients not allowed.
Beverages	Tea, coffee, decaffeinated coffee, carbonated beverages, Koolaid.	All others.
Soup	Broth, bouillon, chicken and rice, french onion (no cutouts).	Most canned soups and soup mixes. Bouillon cubes with hydrolyzed vegetable protein.
Desserts/Sweets	Gelatin, custard, fruit ice, some ice creams.	Cakes, cookies, pies, ice cream made with oat gum.
Miscellaneous	Salt, pepper, sugar, jelly, honey, syrup, pickles, rice, cider and wine vinegar; MSG, corn starch.	Distilled white vinegar, some dry seasoning mixes, some catsup and mustard. Most soy sauce, wheat starch.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Juice	Plain Meat or Substitute	Plain Meat or Substitute
Grits or Puffed Rice	Plain Potato or Substitute	Plain Potato or Substitute
Egg or Substitute	Plain Vegetable	Plain Vegetable
Gluten-free Cornbread	Salad with Gluten-free Dressing	Salad with Gluten-free Dressing
Margarine	Fruit	Fruit or Allowed Dessert
Jelly	Gluten-free Bread	Gluten-free Bread
2% Milk	Margarine	Margarine
Beverage	Beverage	2% Milk Beverage